



JANUARY 2021

THE CENTER POST

80A BUREAU DRIVE • GAITHERSBURG, MD 20878-1431 • 301.258.6380 • GAITHERSBURGM.D.GOV

TUESDAYS & FRIDAYS AT 1 PM

SOCIAL SYMPOSIUM & BGC SOCIAL HOUR

Join the BGC staff for lively discussions and games every Tuesday and Friday at 1 p.m.

These virtual programs give you a chance to connect with others, laugh, and enjoy twice a week.

The links are e-mailed out every week, or you can call in and participate on your phone.

VIRTUAL PROGRAMS

Did you know that you can call in from your telephone to participate in our Virtual Groups?

Besides the Social Symposium and the BGC Social Hour, we also offer Coping with Change, Brain Games, Improving Communication, and Dealing with Stress and Anxiety During the Pandemic.

Call the BGC at 301.258.6380 to get the telephone passwords to participate.



MONDAY - FRIDAY, JAN 4 – JAN 29 (NO CLASS JAN 18)

VIRTUAL EXERCISE CLASSES

Take one class or take them all!

Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price, plus you can make reservations for Water Walking at the Gaithersburg Aquatic Center.

Members { \$25 } Non-members { \$35 }

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training

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WEDNESDAYS AT 2:30 PM

WEDNESDAY WATCH PARTY

Join the BGC staff virtually for a movie each Wednesday that is hand selected by Robert.

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THURSDAY, JAN 14 AT 2 PM

BOOK CLUB

Book Club is back!

The group will meet the second Thursday of the month at 2 p.m. via Zoom or call in.

January's Book:

"The Woman in the Window" by A. J. Finn

February's Book:

"The Library Book" by Susan Orlean

NEW YEAR'S FUN!

Keep an eye out for an email invitation to a New Year's Concert in January sponsored by our AARP Chapter!

You can sign up to receive emails at

www.gaithersburgmd.gov/government/enewsletters



Make sure to check www.gaithersburgmd.gov often to stay up to date on the latest offerings.

If you have not been receiving the weekly Benjamin Gaither Center e-mails, sign up under E-Newsletters on the website.

If you need any help signing up for programs, as always reach out to us at the

BGC – 301.258.6380 or **BenjaminGaitherCenter@gaithersburgmd.gov**

We check messages and e-mails daily.